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NEVADA STATE HEALTH DIVISION

NEWS RELEASE

November is Lung Cancer Awareness Month

Even nonsmokers can do plenty to protect their lungs

Carson City – The Nevada State Health Division urges all Nevadans to take steps toward preventing lung cancer during November, Lung Cancer Awareness Month. Lung cancer is the leading cause of cancer deaths in men and women. Smoking causes 80 to 90 percent of lung cancer cases. The advice is: Don't smoke, and avoid secondhand smoke.

No amount of secondhand smoke is safe: when you breathe it, it is like you are smoking. There is no such thing as a No Smoking section. The Nevada State Health Division cautions you about some unexpected ways you may breathe secondhand smoke every day:

- ✓ Sitting in the "no smoking" section even if it doesn't smell smoky
- ✓ Riding in a car while someone else is smoking even if a window is open
- ✓ Being in a house where people are smoking, even if you're in another room
- ✓ Working in any restaurant, warehouse or building that allows smoking inside, even if there is a filter or ventilation system.

More restaurants and bars are smoke-free than ever. Here are some steps you can take to protect your health:

- ✓ Choose restaurants and bars that are smoke-free. Thank them for being smoke-free.
- ✓ Let owners of businesses that are not smoke-free know that smoke bothers you. Tell them a "no smoking" section is not good enough.

For more information on secondhand smoke, visit

http://www.cdc.gov/tobacco/basic_information/secondhand_smoke/

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